

OLD RECIPES THE NEWEST THING IN COOKERY

Grandmother Knew How to Cook as Well as Dress, and as We Borrow Her "Receipts" Along with Her Crinolines and Bonnets We Pride Ourselves on Being Fashionably Old-Fashioned, Even in Our Kitchens.

BALMORAL DESSERT BISCUITS.

(H. M. the Queen's Baker,

Balmoral Castle, 1856.)

These are not thicker than Passover Cakes and very "short."

1/4 lb. of flour, 1 oz. of butter, 4 yolks of eggs, only two whites.

Mix the above into a stiff paste; roll out very thin and cut into round shapes, size of top of a teacup, with a wavy edge pastry cutter. Bake in slow oven. The biscuits should be quite thin, blistered all over, but not browned and not pricked. The blisters are the same color as the biscuits, not darker. These are only good when quite fresh from the oven.

LADY HEYWOOD'S MILK LEMONADE.

To the juice of 9 lemons add 1 lb. of fine loaf sugar; pour on this 1 qt. of boiling hot milk and let it stand all night. Into a separate vessel peel 3 lemons as thin as possible; pour into 1 pt. of warm water (90° heat); this also must stand all night, covered, of course. Next morning put both together and strain through a very fine jelly bag till perfectly clear and bright; add sherry to your taste.

SOLOMON GUNDY.

(Mrs. Maxon, 1790.)

Take the white part of a turkey or other fowl; if you have neither, take a little white veal and mince it pretty small; take a little hang beef or tongues, scrape them very fine, a few shreds capers and the yolks of four or five eggs shred small. Take a deep dish and lie a deep plate in the dish wrong side up. So lie on your meat and the other ingredients, all single in quarters, one to answer another, set in the middle a large lemon or mango. So lie round your dish anchovies in lumps, pickled

oysters or cockles and a few pickled mushrooms, slices of lemon and capers; so serve it up.

This is proper for a side dish, either at noon or night.

BANBURY CAKES.

(G. Markham, 1683.)

To make a very good Banbury Cake take four pounds of currants and wash and pick them very clean and dry them in a cloth; then take 3 eggs and put away one yolk and beat them and strain them with Barm, putting thereto clove, mace, cinnamon and nutmegs. Then take a pint of cream and as much morning's milk and set it on the fire till the cold be taken away; then take 1 lb. of sugar and put in good store of cold butter and sugar, and then put in your eggs, barm and meal and work them all together an hour or more; then save a part of the paste, the rest break in pieces and work in your currants; which done, mould your cakes of what quantity you please; then with that paste which hath not any currants cover it very thin, both underneath and aloft. And so bake it according to the bigness.

HENRY JOHNSON'S (OF WASHINGTON) RECIPE FOR DRESSED TERRAPIN.

Take a full count (six inches from tip of lower shell) terrapin, diamond back preferable; place in vessel containing salt and water large enough for it to swim about, thus removing sand or other adhering substance. Have ready pot of boiling water; place terrapin in water to remain from five to ten minutes; remove and with coarse towel go over the exposed parts and remove the thin skin therefrom, after which put back terrapin in the same boiling water, cooking slowly, but regularly, for about one hour. At this final boiling a tablespoon of vinegar may be added to make solid the exposed parts, also tablespoon of salt. Boiling is important; if overdone the meat will be stringy and tasteless; if underdone practically useless. After removing terrapin from pot allow it to cool before separating the top and lower shells. When sufficiently cool pull the shells apart and remove the meat, using care to avoid breaking the embedded gall. Use all the meat except the tape; cut only such as may be chunky. If eggs are found, remove carefully the outer skin. When ready place in a saucepan the following: Fully 1/4 lb. best butter, a good pinch of

dry mustard, ground mace, allspice and cloves; also full tablespoon of genuine India Soy scattered over the other ingredients; add meat and 1/2 pint pure cream; cook over a quick fire, stirring only by handle of saucepan, no spoon used save in dishing for table. Add salt and pepper to taste. Also add just before removing from fire a full wineglass of best Sherry wine; remove from fire when boiling commences. Serve baked white potatoes. One full count terrapin (with side dishes) is ample for four persons.

This recipe has a century of serving back of it.

MRS. JAY'S RECIPE FOR COOKING TERRAPIN.

Drop the live terrapin into boiling water. Let them boil until the top shell is loose or can be taken off easily. Pick out all the meat and fat, throwing away all entrails, the heart, the claws and head. Pick the meat off of the bones; do not leave any bones, large or small. Be very careful to handle the liver without bursting the little gall bag which lies imbedded in the liver, as this bitter gall will spoil the whole dish. Cut the liver in pieces around the gall bag. Separate all eggs found in the terrapin, and after washing them off carefully in warm water put them on top of the dish just before serving. Now, after having all the meat, fat, liver, in large bowl season with salt, black pepper, a little cayenne pepper and put in about 1 lb. of very best fresh butter to every three terrapin, breaking the butter up in pieces about three inches square. Heat this either in a chafing dish or let it very slowly simmer on the back of the range. Be careful not to allow the butter to turn into oil.

HUNTING PUDDING.

(Mrs. Maxon, 1790.)

Take a pound of fine flour, a pound of beef suet, shred fine; three-quarters of a pound of

currants well cleaned, a quarter of raisins stoned and shred, five eggs, a little lemon peel shred fine, half a nutmeg grated, a gill of cream, a little salt, about two spoonfuls of sugar and a little brandy, so mix all well together and tie up tight in your cloth; it will take two hours boiling; you must have a little white wine and butter for your sauce.

MISS WOOLLETT'S CHICKEN PISH-PASH.

Cut a chicken into 4 pieces and put them into a stew-pan with 2 or 3 sliced onions, 2 blades mace, some white pepper, bay-leaf, some cardamoms and 2 quarts of thin veal gravy made from 1 1/4 lbs. veal and 1/2 lb. rice. Add salt and let all stew till the rice is soft. For an invalid water may be used instead of veal stock.

MISS JENNY'S CHOCOLATE ICE CREAM.

1 pint of cream, 1/2 lb. sugar.
1/2 lb. of Baker's chocolate melted over a teakettle.

Mix and boil all together in a double boiler until smooth; when cold add 3 eggs well beaten.

1 tablespoonful of brandy improves the taste. Don't freeze too hard.

JOHNNY CAKE.

1 Cup of cornmeal.

1/2 cup flour.

1 teaspoon soda.

Salt.

2 tablespoons molasses.

1 tablespoon sugar.

Sour milk to mix.

MRS. FRITZ'S BUTTER COOKIES.

1 lb. flour, sifted.

1 lb. sugar, sifted.

1/2 lb. butter, break in pieces.

1/4 lb. almonds, grated.



Lemon peel grated.

3 eggs.

Mix well, let stand overnight, roll out about 1/4 inch, cut into shapes and bake in moderate oven.

RASPBERRY AND STRAWBERRY FOOL.

(Mrs. Maxon, 1790.)

Take a pint of raspberries, squeeze and strain the juice with a spoonful of orange water, put to the juice five ounces of fine sugar and boil it over the fire; then take a pint of cream and boil it, mix them all well together and heat them over the fire, but not to boil; if it does it will curdle; stir it till it is cold, put it into your basin and keep it for use.

ITALIA'S PRIDE.

1 pt. cold macaroni.
1 pt. finely chopped beef or mutton.
1 pt. stewed tomatoes.
1 onion minced very fine and fried in a spoonful of butter.
1 cup bread crumbs.
1 teaspoonful of salt.
1 saltspoon of pepper.

Butter a two quart pudding dish, put a layer of bread crumbs at bottom, then a layer of minced meat, one of tomatoes and one of macaroni, sprinkling each with the seasoning until the dish is filled. Put one small cup of boiling water to the fried onion, and after making a layer over the top with the rest of the crumbs, pour it over them. Sprinkle tiny bits of butter and bake half an hour, or until well browned. If oven is moderate it will require one-half hour.

German Soldiers' Letters

Continued from page three.

stream for help, then we would be in a nice fix.

"Oh, oh, Dieu! Dieu!" he breathed and emitted sounds like the joyful whining of a puppy when he saw me.

He grasped my hand and pressed it to his breast and cheek.

I felt him over carefully. As I fumbled along his left leg I received a sudden shock. Just below the calf it ended. The foot was torn off above the ankle and hung loosely on the leg. As his whole body was wet I could not tell whether he was still bleeding. I could only make out that a rag was tied about the wound. He had bandaged it with his handkerchief, as I learned later.

We soon had him beside his comrade.

The lieutenant went back to his command, leaving the rest to me. The others carried the corporal away to the nearest aid station, while I remained with his comrade, who, as he lay there, softly spoke to me about himself—his wife and his child—the mobilization. This was his first day at the front. Fate had overtaken him swiftly. He was a handsome man, with big black eyes, dark hair and mustache. His pale, bloodless face made him doubly interesting. His voice was so tender and soft that I was touched; I could not help it. I gently stroked him: "Pauvre, pauvre camarade Français!"

"Oh, monsieur, c'est tout pour la patrie."

I lay down and nestled up close to him and threw my coat over him, for he was beginning to shiver with fever and frost. Then it began

to rain very softly. So we lay one-half, three-quarters, a whole hour. At last, after one and a half hours, the comrades returned.

My poor wounded one was crying softly to himself.

He was soon in the hands of a physician and an attendant. His wounds were looked after and he was given some cold coffee.

I had to go.

A look of unutterable gratefulness, which I shall never forget, a nod: "Bonne nuit, monsieur," and I was outside in the cold, damp December night.

WILHELM SPENGLER.

Ingelminster, November, 1914.

In Fosses, near Namur, I happened to be the only physician in the place, as all the doctors had fled. So it came about that the first prescriptions that I have ever written were in the French language. It was rather odd, but it went. The sixty-five-year-old apothecary and I have opened many good bottles of Burgundy in his bachelor apartment while he told of his student days in Geneva and Brussels; I of Germany and its glories.

One time I was called to a village an hour distant to the help of a young mother. And it may have presented a curious and unforgettable spectacle to the Belgian peasants when after two hours' hard work the "jeune docteur Allemand," shirt-sleeved, armed and girt with a woman's apron, presented the young mother with a tiny, howling Belgian, while outside the guns thundered in the distance, killing perhaps hundreds and hundreds of other Belgians.

WILLY TRELLER.

(Translations by Julian Bindley Freedman.)

DO YOU KNOW?

THAT plain, dotted or striped 5-cent calico is the very best thing for cleaning windows? It lacks lint and gives a perfect shine. A bolt of this material was recently bought by a young housekeeper, who finds it a valuable acquisition to her new establishment. She used some of it for a valance across her dining room windows, as it was just the shade of blue she had been searching for. She also made covers for couch and beds to be used on cleaning day.

THAT small Frenched bits of pork tenderloin stuffed with a moist dressing of breadcrumbs, chopped nuts and raisins makes an inexpensive and tempting luncheon dish?

THAT for a first course at supper an oyster cocktail served in grapefruit is an innovation? The fruit is prepared as usual, though not sweetened, and several small oysters, with tabasco and horseradish dressing, are placed in the hollow left by the removal of the seeds and central pulp.

If You Cannot Afford a Nursery Icebox, Make One

It Means Safety for the Baby and Only a Little Work for You.

By Elise Morris.

NURSERY iceboxes, those white enamel, spick and span, miniature affairs that hold nothing but the baby's milk, are wonderfully convenient. But they are also wonderfully expensive for their size. In the average home where there is a baby the family refrigerator serves for the baby as well. And if the milk becomes contaminated with the flavor of any fruit or salad that might be a too close neighbor in the icebox only the baby ever knows about it. Milk is more susceptible to foreign odors and flavors than anything else we use in our diet. Nothing is so sensitive as the digestion of a young child. It may seem an unimportant matter to always remember to keep the baby's bottles of milk in a separate part of the icebox, but in reality it is of the greatest importance.

So nursery iceboxes, you see, are of as much value in feeding the baby as are the proper kinds of bottles and the proper method of preparing the milk in the beginning. But the nursery icebox need not be the expensive sort. It is quite possible to make your own, and one mother claims that her home-made icebox has outlasted a bought one owned by a neighbor. The making is a simple affair.

Your grocer will give you a wooden box about twenty inches square and twelve inches deep. Fill the wooden box three inches deep with sawdust. Take a tin cracker box or one of the tin boxes candy is packed in for ship-

ping and remove the bottom. The tin box should be at least twelve inches square by ten inches deep. Set this upon the layer of sawdust and fill the box all about it with more sawdust, packing it down firm. Select another tin box ten inches square and nine inches deep and give it a coat of white enamel paint on the inside. The paint will prevent rusting and make it easier to clean.

On the inside of the top of the box tack a fold of newspapers at least fifty deep. If they are cut to exactly fit the box and a layer of plain white paper used on the outside a neat job can be made of it. Fasten the top onto the box with two small hinges, and on the front use a cupboard latch to hold the lid firmly fastened when in use.

A 10-cent can of white enamel paint will give the box two coats outside. The paint on the inside of the smaller tin box is all that is needed on the inside unless you really want to paint the inside of the larger tin box, too. This will possibly make it seem more sanitary.

The box is now ready for use as soon as the paint is thoroughly dry. It should be given at least four days to dry out before the box is used for milk.

Prepare the milk for use, and when the nursing bottles are filled and stoppered put them into your wire basket in the smaller tin box. Fill the surrounding space with cracked ice and set the box inside the larger tin one

in the wooden box. There is sufficient room for one quart and one pint bottle if the nursing bottles are not used. When the lid is fastened down securely the space between the two tin boxes becomes a vacuum that keeps the box cool once it gets cool. The box should not be opened except when a bottle is needed.

Each morning the inner tin box should be removed and the water poured out. The box should be dried and sunned for a few minutes before the fresh supply of milk and ice is packed into it.

While it is advisable to buy the scientifically constructed ready made nursery iceboxes if they can be afforded, a home made one constructed on these lines can be had for a very small sum and operated at a cost of approximately five cents a day with the same result. The box should be kept tucked away in a dark, shady corner, anyhow, but if neatly made and well painted it will not be objectionable placed in the nursery in a convenient spot.

At the annual meeting held in Washington not long ago the American Association for the Study and Prevention of Infant Mortality offered an outline for making a nursery icebox very similar to the one suggested here. The nursery icebox, so the association claimed, is one very important factor in baby saving. So when it means the expenditure of a few hours of energy and a small sum of money (not over \$1) the promised reward is very great indeed for the small investment.

THE SOCIAL RESPONSIBILITY OF THE HOME

If We Let Our Pet Rules Concerning Our Own Children Interfere with Other People's Rules Concerning Theirs, What May We Not Expect in Return?

a sincere and single-minded effort to give their children every opportunity and every inducement to become "good citizens." And it was one of these very parents that suddenly reminded me how complex and how difficult the task is.

You know how important it is for the child to acquire correct habits early in life; so we begin during the third year to teach him to dress himself. And so long as there is plenty of time in the morning, the child does dress himself, more or less quickly, more or less presentably. But when you send the child off to school or to kindergarten, you discover all at once that you are obliged to choose between giving the child a great deal of help in his morning toilet and letting him be late for school. Of course, we could all get up earlier in the morning; but that is a nuisance, and a hardship on the other members of the household. Or we could hurry through the breakfast; but that is bad for the health as well as for the manners. So you sacrifice all the advantages of a couple of years of patience and you help the child on with his clothes. This may even involve a compromise of your "principles"; but you are heroic, and you are going to get him into habits of punctuality at any cost.

But Mrs. King stuck fast to her principles, and would not sacrifice anything. When Maude was at last old enough to go to school, the mother was confronted with the choice between doing for the child what she thought

the child should do for herself and the danger of her frequently being tardy. Mrs. King chose without hesitation. And the following year she was able to tell all who would listen that Maude, obliged to dress herself promptly and without assistance every day, under penalty of such punishment as the school provided for tardiness, learned within one semester to do what was necessary with suitable despatch. And now she isn't late at all.

This was quite an achievement, and Mrs. King made no effort to conceal her pride. But she did not tell us at whose cost her daughter had learned to dress herself; nor did she

develop any principle that might be of general use to large numbers of mothers.

In the first place, the frequent tardiness of this child in school is a serious burden to the school. The alternative, of helping the child at home with reminders, or even with direct assistance in the tedious process of disposing of the clothes properly about the body, is no doubt a serious burden upon the home. And there is no doubt that by placing the whole burden upon the child and the school the mother was able to show a good record for improvement in Maude's habits. But it is worth while to consider whether it is fair to

make the school bear the burden that Mrs. King imposed upon it.

In the second place, the device used cannot be of general applicability, for if all mothers resorted to it the punctuality of the school would break down completely. The irregularity resulting would make it impossible for the school to establish and maintain any standards, and the homes would be without the moral support they now get from the school in the effort to accelerate the children's habits of regularity and punctuality.

This suggests that Mrs. King's reliance upon the school was in this case "parasitic," and contrary to the spirit of mutual help that should characterize our social relations. Yet the purpose was laudable, and there was no thought of taking advantage of any one, least of all of the teacher.

We are becoming daily more conscious of our social obligations in this larger sense, and even the children are learning to understand it. A tot of eight years was sent home from school with a note requesting that he be kept out of school until his "cold" had disappeared. The mother thought the ailment was too slight to be noticed and proceeded to assure the teacher that she was not at all alarmed. But Henry knew better: "The teacher isn't afraid of me getting sick; she's afraid I'll make the other children sick," he explained. It is more important to guard the whole class against possible infection than to guard Henry against the possible loss of a few days of schooling. The quarantine or



obliged to choose between giving the child help in the morning toilet or letting her be late for school.

isolation is not for the sake of the sick, but for the sake of those who are not yet sick. And the same principle applies to much of what we are to-day required to do in the adjustment of the child between the home and the school.

We shall have to give the young child at home a little more care, a little more thought, in order that other people's children in school shall not be interrupted or delayed in their work; and we shall expect equal consideration for our children on the part of other parents. We shall have to guard at home against sending abroad a child with sniffles or sneezes in order that other people's children may not be infected with "influenza" or "children's diseases"; and we shall then be able to require equal consideration from other children's parents.

The interdependence imposed by modern conditions makes it impossible for us to "mind our own business" too strictly, and makes the Golden Rule a matter of course.



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By SIDONIE MATZNER GRUENBERG.

WE ARE all good people. We never intend to do anything that is "wrong." We never seek to take advantage of our neighbors in the slightest way. We are therefore naturally very resentful when the reformer compares our conduct with that of people who are not so good, of people who do seek advantages, of people whose purposes are not quite so lofty as our own.

We understand the social responsibilities of the home, and we are doing our very best to train our children up to be good citizens. And all the time we are careful to mind our own business very strictly. We hope we know what's right, and do not need to be told.

This represents fairly the attitude of thousands of conscientious parents who are making



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